



Line Up Support

Set yourself up for success.

We tend to believe that it takes suffering and self-battle to reach success. But what if it were easy? What if you already deserve everything you desire? What if it is already available to you? How will you create an environment that makes it easier to nourish yourself consistently?

Items to bring into my space:

Items to eliminate from my space:

People I will spend more time with:

You Need to Be Heard.

Ever notice that in explaining something to a supportive friend, you suddenly gain clarity? In order to see our own truth, it is essential to have someone listen.

Right now, please write below 3 people that you know will sit down and listen to you for 20 minutes, without giving advice, or changing the subject:

- 1.
- 2.
- 3.

Contact one person on this list TODAY to schedule a time to be heard! (They will benefit too!)

Professional Guidance

You are an intelligent, independent soul. And so am I. We both need trusted guides to not just offer support, but to help us stretch ourselves to our greatest version. This is best done by someone outside our lives with expertise or experience we do not yet have. There are many books, articles, groups and different kinds of practitioners. Connect with what feels right in your heart.

I highly recommend scheduling a session with me if you are ready for a radical shift in your thought patterns, and experience of life. I am a master at facilitating deep change work, and this happens most effectively in a one-on-one coaching session. You can find my calendar here:

<http://blue-russ.genbook.com/>

***Remember that you have access to a FREE session after you've submitted all 5 of your weekly emails.*

Who will you reach out to this week? _____